

## ABSTRACT

A method and apparatus for packaging foodstuffs and a package of foodstuffs. The package has a minimum predetermined overall weight and includes a first foodstuff having a first minimum predetermined component weight and a second foodstuff having a second minimum predetermined component weight. The first and second foodstuffs are designed to be cooked together for a single cooking time such that the first and second foodstuffs are both cooked substantially to completion without degrading the quality of the first and second foodstuffs.

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